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Crossfit level 1 Certification 2023/ 2024 Exam| Complete with Questions and Verified Answers |100 % Correct

Q: Glycolytic (lactate):

Answer:
medium, anaerobic, medium to high intensity, cytosol of all cells
Ex: 400 m sprint

Q: Oxidative:

Answer:
long, aerobic, low intensity effort, mitochondria of cells
Ex: anything greater than 120 seconds of sustained effort

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Q: 4 fitness models of Crossfit:

Answer:
the 10 general physical skills, the Hopper, metabolic pathways, sickness-wellness- fitness continuum

Q: Tabata:

Answer:
interval training which is 20 seconds of work followed by 10 seconds of rest repeated 8 times; it increases aerobic and anaerobic capacity

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Q: Define sport:

Answer:
the application of fitness in a fantastic atmosphere of competition and mastery

Q: The theoretical hierarchy of the development of an athlete:

Answer:
nutrition, metabolic conditioning, gymnastics, weightlifting and throwing, sport

Q: Fish oil:

Answer:
dilutes excess toxic fat, reduces the inflammatory responses in the body

Q: Flexion:

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Answer:
reduces the angle of a joint

Q: Extension:

Answer:
increases the angle at a point

Q: Common faults of squats:

Answer:

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not going deep enough, rolling knees inside feet, dropping head, losing lumbar extension, dropping shoulders, heels off ground

Q: Therapies for common squat faults:

Answer:
bar holds, box squats, bottom to bottom, push feet to outside of shoe to stretch the ground apart beneath

Q: The general organic physical skills influenced by training:

Answer:
cardiovascular/respiratory endurance, stamina, strength, flexibility

Q: The general neurological physical skills improved through practice:

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Answer:
coordination, accuracy, agility, balance

Q: The general physical skills improved through training and practice:

Answer:
power and speed

Q: Defining characteristic of functional movement:

Answer:
universal motor recruitment, essential, safe, compound yet irreducible, core to extremity, high power producing

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